

# LifeBridge Nebraska Physician Coaches



**Todd Stull, MD**  
*Psychiatry*



**Joann Schaefer, MD**  
*Family Medicine*

*“What motivates or inspires you as a coach in supporting physicians in their wellness?”*

### *LifeBridge Nebraska Medical Director*

I have had the opportunity to work with physicians as patients over many years and have found that they commonly delay getting help or taking care of themselves. LifeBridge provides an excellent “upstream” option to help mitigate further problems that may develop. Prevention measures are often overlooked and can be integral to managing stress and alleviating heartbreak.

Being a coach is a chance to give back. Having walked the same path at least in medical school and understanding the pressure of residency and beyond, we all have so much in common. I trained and practiced as a family practitioner and was in academia until I found my way to public health as the state’s first female and longest serving CMO. From there, I went to the payor side with much more learning on the business side of medicine as a CMO and then EVP. I was over a large part of the company including contracting and negotiation, reimbursement, care management, pharmacy and the clinical side which included a large clinic. From there, it was off to the private equity side as a president of a small company. Now I spend my time chairing that board and participating on another board in the healthcare space while running my consulting business. With all the transitions I have had in medicine, I have learned a lot about challenges, successes, failures, and joy. I want to give back and help physicians find joy in what they do, transition in positive ways, and help relieve the stress that burdens their days in healthy ways.



You deserve to prioritize your wellness. Whether you are feeling stressed and burned out or looking to maintain your thriving career, call LifeBridge today and connect with a peer coach. Thanks to the generosity of our sustainability partners, this service remains at no cost for Nebraska-licensed physicians. Following the passage of safe haven legislation in 2023, this program is completely confidential and does not share information to employers, licensure, or the Board of Medicine and Surgery. For more information, contact Lindsey Hanlon, Program Coordinator, at [lindseyh@nebmed.org](mailto:lindseyh@nebmed.org).



**Michelle Sell, MD**  
*Family Medicine*

LifeBridge helps us foster our humanness as physicians, an aspect of our profession that is sometimes overlooked, overwhelmed, or under appreciated. I think it's important to provide a space where people can be honest, vulnerable, and encouraged. Rarely are we broken; more often just need a minute to regroup or redirect and working with a LifeBridge coach can facilitate that. It is a privilege for me to work with other physician leaders as a coach. I am inspired by the collective commitment to be better and the diversity in our approaches to complicated situations.



**Mark Davis, MD**  
*Obstetrics & Gynecology*

Physician wellness is essential for patient safety and a positive patient experience. As leaders and peers, we have ignored physician wellness for too long, often intervening after a problem has been identified. At that point, it might be too late. A physician coach can provide peer support before it is too late. I am motivated by the hope that I can help prevent a burnt-out or a distressed physician. We all need someone who will listen. Someone who understands the unique position physicians are in. A physician coach will listen, motivate, and help you down the path to wellness. A physician coach is not just about burnout. The physician coach can help with decisions surrounding career choices, leadership, or help you reach clarity on something. We can help you find what is important to you, what makes you happy, or what motivates you. We can help you plot a course to get where you want to go. I am inspired when I see the light turn on and know I made a difference. My years as a physician and hospital leader have provided me with the knowledge, empathy, and an understanding of physician wellness and the stresses that can impact wellness. I am motivated to use my experience and training to promote physician wellness.



**Renee Engler, MD**  
*Emergency Medicine*

We have the greatest occupation in the world! But this incredible profession has a price. There are times when we want to quit, are defeated, and "just done". LifeBridge has inspired me to help my colleagues understand that everyone has times of difficulty and that you can really learn to love medicine again. As a LifeBridge coach I'm also excited to assist young leaders as they advance and diversify their career. Balancing a career and home life, running committee meetings, being a member of the hospital board, and department director can become very daunting and challenging. However, there are definitely ways to help you become more successful while still maintaining your passion for medicine.